



# KUCHING MARATHON 2024

*Together, let's run Cat City!*

**27 OCTOBER 2024  
PADANG MERDEKA**



**RUNNER'S BOOKLET**



B3

B12

B6

# HYDRATION WITHOUT FIZZ

ADDED B VITAMINS



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## **Waiver of Liability**

Participants shall read and understand the Rules and Regulations of Kuching Marathon 2024. A complete list of the Rules and Regulations can be obtained at [www.marathonkuching.com](http://www.marathonkuching.com) and all participants shall be bound by all rules and regulations therein. The Organisers shall not be held liable for any bodily injury or death whatsoever directly or indirectly caused to any participant and/or for any loss or damage or anything else whatsoever directly or indirectly caused to properties belonging to any participant in respect of and/or in any manner whatsoever arising out of and/or due to their participation in Kuching Marathon 2024.

# Message



**The Right Honourable**

**DATUK PATINGGI TAN SRI (DR) ABANG HAJI ABDUL  
RAHMAN ZOHARI BIN TUN DATUK ABANG HAJI OPENG**

*Premier of Sarawak*

*Guest of Honour*

## MESSAGE FROM THE PREMIER OF SARAWAK

It is a pleasure for me to welcome all of you to the Kuching Marathon again.

I am happy to note that Kuching Marathon 2024 is the 9th edition of this exciting event that brings together sports enthusiasts from all over the region to Sarawak.

The global pandemic has had a devastating effect on all our lives, our community and has affected industries like the tourism and sports industries.

But through hard work and resilience of all the stakeholders, these industries have bounced back. We are seeing positive signs in the tourism industry and I am sure it will be the same for the sports industries as well.

Our government is committed to support the tourism industry as we embark on the recovery of our economy. As such we will continue to support Kuching Marathon as we continue to warmly welcome all of you to Sarawak to help invigorate our local economy.

We are sure you will have a good time enjoying the sights and sounds, and the wide variety of food of this harmonious land and our Kuching city as the UNESCO Creative City of Gastronomy.

I hope that this event will continue to grow and become an international event on par with other international running events around the globe.

All the best and I hope you will enjoy Kuching Marathon 2024 and be back next year.

Thank you.

**DATUK PATINGGI TAN SRI (DR) ABANG HAJI ABDUL RAHMAN ZOHARI  
BIN TUN DATUK ABANG HAJI OPENG**

# Message



**The Honourable  
DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH**

*Minister of Tourism, Creative Industry & Performing Arts Sarawak;  
Minister of Youth, Sports & Entrepreneur Development Sarawak*

A warm welcome to all participants of Kuching Marathon 2024. We are indeed delighted with the organising of this year's event which has received overwhelming response from runners throughout Malaysia and other countries as well. The event had shown us that it had grown from strength to strength over the years. This year's will be the 9th edition of this wonderful event.

It is also an honour for us to welcome again the thousands of runners and their partners or supporters from all over the region. We hope you will join our locals runners in making this year's event an enjoyable one with the spirit of competition and camaraderie for all participants.

Please do explore our various attractions and national parks to see for yourself what Sarawak nature has got to offer. We also encourage you to take some time to check out the numerous exciting tourism spots and food centres around Kuching City. You are most welcomed to explore the various mouth-watering multi ethnic cuisines that we have here in Sarawak.

To the organisers, the Ministry of Tourism, Creative Industry and Performing Arts Sarawak will continue to support this annual event. With a track record of 8 successful marathons, we continue your look forward to the future editions of Kuching Marathon. As an internationally AIMs certified event, we are optimistic that Kuching Marathon will soon be on par with similar international events which include the London, Tokyo or Berlin Marathon.

I would like to take this opportunity to thank the Kuching Marathon Association (KMA) for their hard work and dedication in organising this event. My appreciation also goes to all the volunteers, officials, helpers and the crew. Without them, this event would not be possible.

Last but not least, we wish all the participants have an enjoyable run.

A handwritten signature in black ink, appearing to read 'K. Hamzah', written over a faint background image of a runner.

**DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH**

# Message



**MR. LIEW TANG CHIEH**

*Race Director of Kuching Marathon 2024*

Welcome to the Kuching Marathon 2024.

For the last few months, our team have been busy as we are working with the Ministry, authorities, law enforcement agencies, medical teams and volunteers in making the final preparations to host you all on 27th October 2024.

I am sure you are all training hard and making your final preparations for the coming race.

Whether you are a competitive or recreational runner, I hope you will achieve your personal goals and have a safe and memorable run this Kuching Marathon 2024.

We look forward to seeing you all again in 2025.



*Liew*  
**LIEW TANG CHIEH**

# Venue INFORMATION

## Race Pack Collection

Date : Thursday & Friday (24th & 25th October) 10:00 a.m. to 6:00 p.m.  
Saturday (26th October) 10:00 a.m. to 5:00 p.m.  
Venue : Arcum Tent, Majma Mall, 41, Jalan P. Ramlee, 93400 Kuching, Sarawak.

## Drop Zone

You may leave your personal items at the Drop Zone counter where bag deposit will be made available to the participants on a complimentary basis. Drop Zone counter will be open from 10:00 p.m. on 26th October 2024 at race venue, Padang Merdeka and all items not claimed by 9:00 a.m. on 27th October 2024 will be transferred to the Organiser's office.

Participants are encouraged to leave valuables at home/hotel and to bring as little as possible with them as space may be tight on the day.

## Bib & Timing Device

Runners of all categories of run with the exception of 5km Run will be receiving a Bib with timing chip which is to be worn visibly in front of running vest.

## Car Parks

Runners who are driving to the race venue are advised to park their vehicles on first-come first-served basis at Plaza Merdeka Shopping Mall, Plaza Aurora (Formerly known as Kuching Plaza), Saujana Car Park, Pelita Car Park and Taman Kereta Car Park

(Please check with the respective car parks for their operation hours and charges if any).

## Road Closure

There are sections of roads leading to race venue which will be closed for the event. Kindly check the details from the local newspapers and our Facebook page.

## Notes to Runners

1. All runners are required to be at start venue Padang Merdeka, 45 minutes before the start time of their respective categories.
2. No runner shall step over the timing mats at the start line and/or finish line before the commencement of the run failing which he/she will be disqualified in the timing system.
3. Always keep yourself hydrated. Water stations can be found averagely 3km apart for the first 30km and averagely 2km apart for the remaining 12km for full marathon route.
4. For the Half Marathon, 10km and 5km routes, water station can be found averagely 3km apart.
5. Food stations can be found at KM21 and KM31 on full marathon route.
6. Mobile toilets can be found at various intervals along the routes and Start/Finish point.
7. Mosques/surau can be found along full marathon and half marathon route. Kindly check the signage for it.
8. Personnel manning the water stations will render help to runners who are in need of medical assistance.
9. Marshalls and volunteers are on standby for you. If you need assistance, please approach them for help.
10. Participants must retire from the race immediately, if required to do so by a marshal, medical personnel, Jabatan Kesihatan Negeri Sarawak, Jabatan Pertahanan Awam Malaysia (JPAM), Jabatan Bomba & Penyelamat Negeri Sarawak, Malaysian Red Crescent Society, St John Ambulance Sarawak, Polis Diraja Malaysia, Military Police, Rela, Markas Divisyen Pertama Infantri Malaysia, Dewan Bandaraya Kuching Utara, Persatuan Olahraga Amatir Sarawak (SAAA), referee, Event Director and/or any official authorised by the Organiser, failing which his/her bib number will be recorded and he/she will be removed from the race, from this point onwards he/she will be continuing independently of the event and at his/her own risk.

# Prize Money

A total of cash amounting to RM125,000 are up for grabs by winners of all categories of run except 5KM run in KM2024

## 42KM Full Marathon

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	10,000	5,000	3,000	2,000	1,500	1,000	1,000	1,000	1,000	1,000	26,500
WOMEN OPEN	10,000	5,000	3,000	2,000	1,500	1,000	1,000	1,000	1,000	1,000	26,500
MEN NATIONAL	5,000	2,500	1,500	1,200	1,000	500	500	500	500	500	13,700
WOMEN NATIONAL	5,000	2,500	1,500	1,200	1,000	500	500	500	500	500	13,700
MEN VETERAN	2,000	1,500	1,000	500	300	250	250	250	250	250	6,550
WOMEN VETERAN	2,000	1,500	1,000	500	300	250	250	250	250	250	6,550

## 21KM Half Marathon

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	2,500	1,600	1,000	600	500	300	300	300	300	300	7,700
WOMEN OPEN	2,500	1,600	1,000	600	500	300	300	300	300	300	7,700
MEN VETERAN	1,500	1,000	700	500	300	200	200	200	200	200	5,000
WOMEN VETERAN	1,500	1,000	700	500	300	200	200	200	200	200	5,000

## 10KM Run

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	1,000	600	450	300	200	100	100	100	100	100	3,050
WOMEN OPEN	1,000	600	450	300	200	100	100	100	100	100	3,050

### Notes :

The organisers have the absolute, complete and discretionary rights to conduct doping test on winners in all categories at any time before payment of prizes are released in which event the payment of prizes shall be kept in abeyance pending and subject to the full and final result(s) of the doping test.



# Race INFORMATION

## FULL MARATHON 42KM

 <b>DISTANCE</b> 42.195 KM	 <b>START TIME</b> 1:00am	 <b>CUT-OFF TIME</b> 7 Hours
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<b>Runners Receive</b>      	<b>Finishers Receive</b>   	Finisher T-shirt and medal will be given to the finishers who have successfully completed the run within the cut-off time of 7 hours.
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## HALF MARATHON 21KM

 <b>DISTANCE</b> 21 KM	 <b>START TIME</b> 4:00am	 <b>CUT-OFF TIME</b> 4 Hours
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<b>Runners Receive</b>      	<b>Finishers Receive</b>   	Finisher T-shirt and medal will be given to the finishers who have successfully completed the run within the cut-off time of 4 hours.
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## 10KM Run

 <b>DISTANCE</b> 10 KM	 <b>START TIME</b> 5:30am	 <b>CUT-OFF TIME</b> 2 Hours 30 Mins
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<b>Runners Receive</b>      	<b>Finishers Receive</b>  	Finisher medal will be given to the finishers who have successfully completed the run within the cut-off time of 2 hours 30 minutes.
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## 5KM Run

 <b>DISTANCE</b> 5 KM	 <b>START TIME</b> 6:30am	 <b>CUT-OFF TIME</b> 1 Hours 30 Mins
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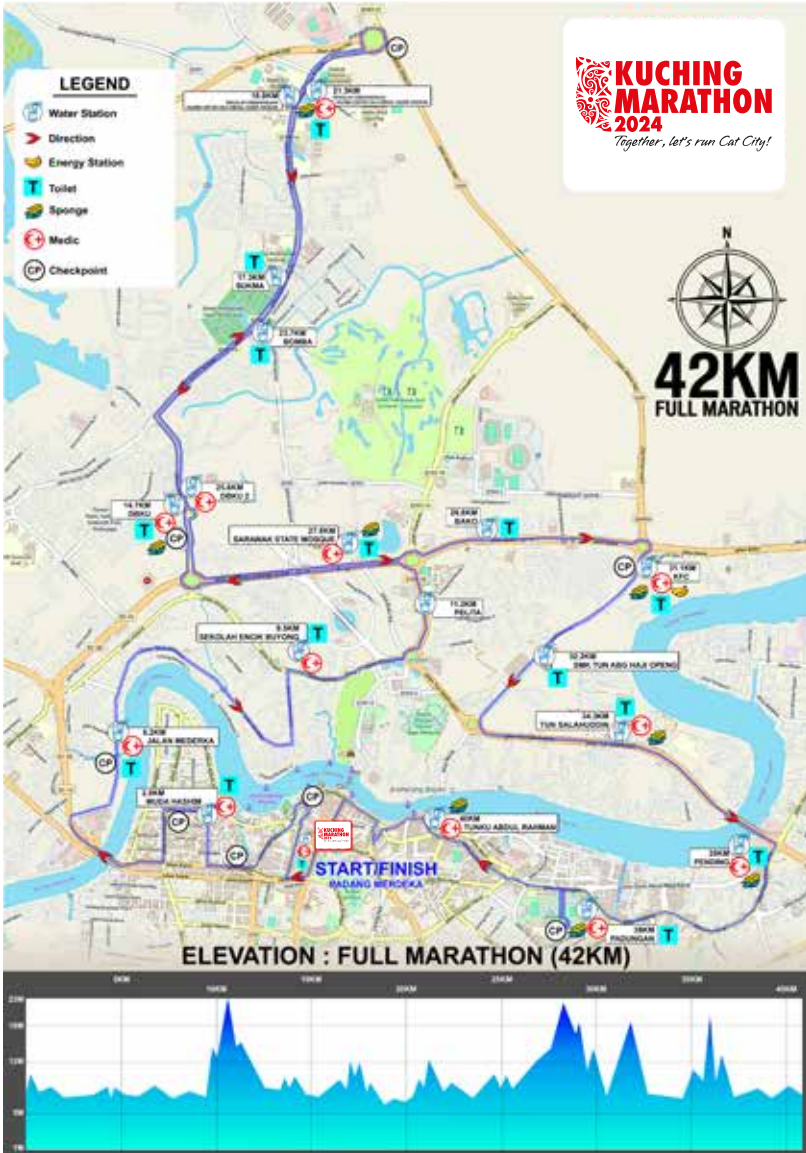
<b>Runners Receive</b>     	<b>Finishers Receive</b>  	Finisher medal will be given to the finishers who have successfully completed the run within the cut-off time of 1 hour 30 minutes.
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\* Runners who do not complete the run within the respective cut-off time at sectional closure of routes will be picked up by Sweeper Van.

\*\* E-certificate can be downloaded at Kuching Marathon Official Website after full results have been released and published.

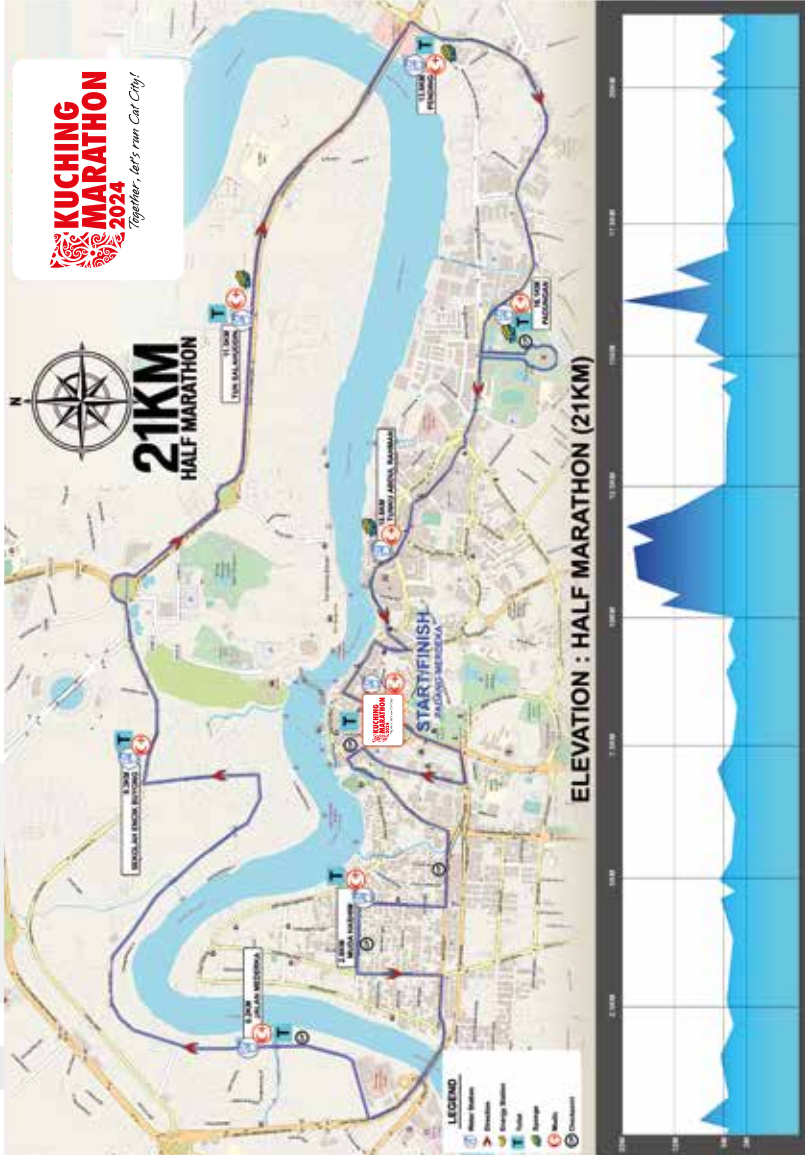
# Route Map

## 42 KM FULL MARATHON



# Route Map

## 21 KM HALF MARATHON



# Masjid/Surau

## ALONG 42KM & 21KM RACE ROUTE

19 Masjid/Surau along 42KM race route of KM2024 are as follows:

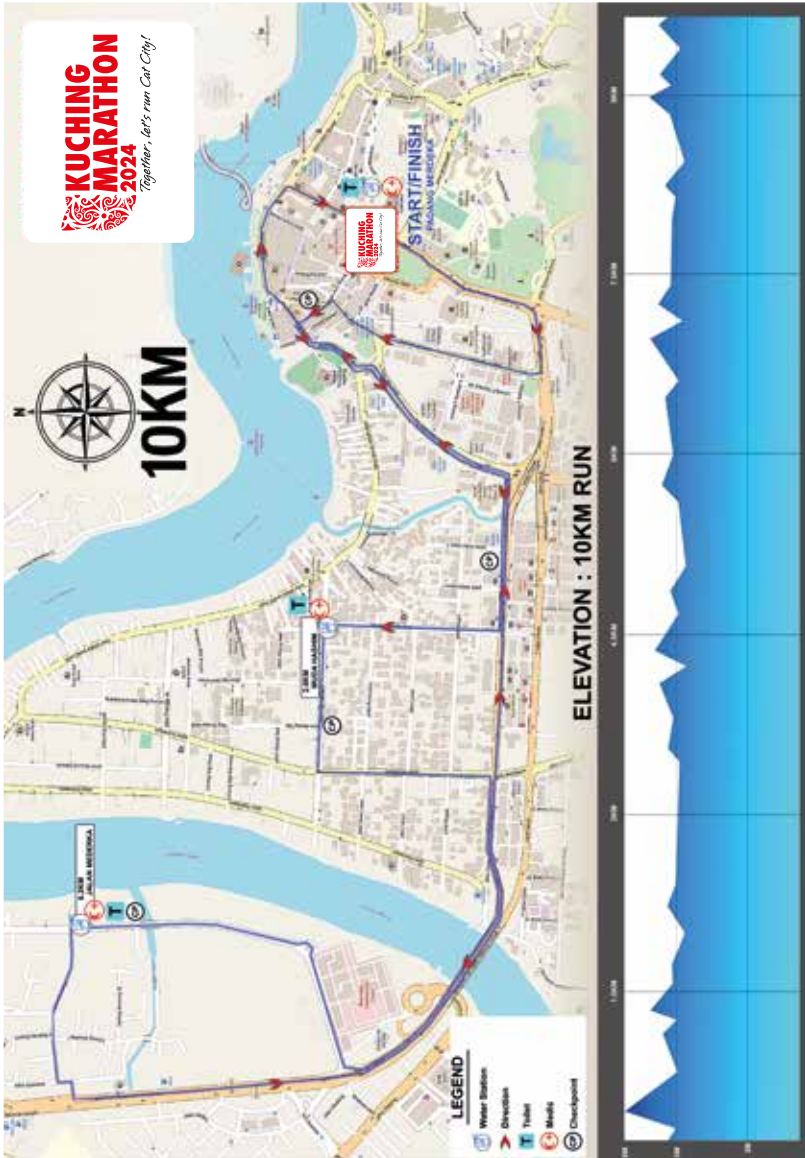
1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Masjid Al Hakim Kampung Muda Hashim
4. Surau Darul Hijrah, Jln Merdeka
5. Surau Darul Falah, Jln Merdeka
6. Masjid Darul Naim, Jln Hashim Jaafar
7. Surau Darul Ibadat, Jln Astana
8. Surau Darul Muhasibin, Lorong Petra 1
9. Surau @ Stesen Petronas, Jln Sultan Tengah
10. Surau Darul Ikhlas, Jalan Sultan Tengah
11. Surau Telekom
12. Surau @ Shell Jalan Sultan Tengah
13. Masjid Jamek
14. Surau Demak Jaya (Medan Hamidah)
15. Surau SMK Tun Abang Haji Openg
16. Masjid Darul Hana, Jln Tun Salahuddin
17. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Salahuddin
18. Surau Darul Hassan, Sungai Apong
19. Surau @ Stesen Petronas near iCom

12 Masjid/Surau along 21KM race route of KM2024 are as follows :

1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Masjid Al Hakim Kampung Muda Hashim
4. Surau Darul Hijrah, Jln Merdeka
5. Surau Darul Falah, Jln Merdeka
6. Masjid Darul Naim, Jln Hashim Jaafar
7. Surau Darul Ibadat, Jln Astana
8. Surau Darul Muhasibin, Lorong Petra 1
9. Masjid Darul Hana, Jln Tun Salahuddin
10. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Salahuddin
11. Surau Darul Hassan, Sungai Apong
12. Surau @ Stesen Petronas near iCom

# Route Map

## 10 KM RUN



# Route Map

## 5 KM RUN



# Race Venue

## SITE MAP



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# Acknowledgements

Kuching Marathon Association wish to express our heartfelt appreciation to the following for their invaluable contribution and supports for making Kuching Marathon 2024 a success.



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